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IN THE HOUSE

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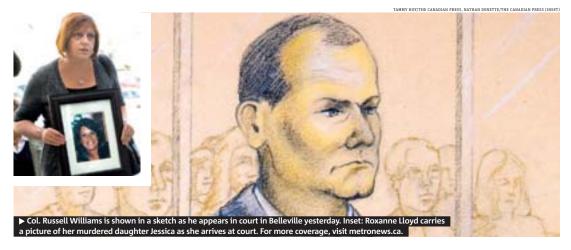
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Murder taped, court hears

Ocolonel pleads guilty to two murders, 84 other charges Ophotos shown of Williams wearing young girls' underwear Ocharge sheet took nearly 40 minutes to read in court



Col. Russell Williams didn't just take thousands of pornographic pictures during his 82 break-ins — he videotaped the actual murder of at least one of his victims.

The Crown confirmed in court yesterday that both murder victims, Marie-France Comeau, 38, and Jessica Lloyd, 27, were videotaped by Williams.

In Comeau's case, her actual murder is on tape.

It is unclear how the court will handle

the videotapes when they are presented as evidence, likely today. In the case of schoolgirl killer Paul Bernardo, the videotaped evidence of teen victims being attacked and tortured was heard by the public, but not seen.

The murders, last November and January, followed an increasingly obsessive and predatory pattern that started with 26 months of break-ins in Tweed, Belleville, and Ottawa, and two sexual assaults.

Williams's photographic record of the

first of those assaults, against a woman known only as Jane Doe on Sept, 17, 2009, ended yesterday's hearing.

Through the day, the Crown steadily flashed up increasingly grotesque images taken by Williams to show the "escalation of aggression" of the break-ins, leading up to first sexual assault against Jane Doe. During the break-ins, he stole lingerie after methodically recording a pattern of sexual perversity in each home.

TORSTAR NEWS SERVICE

Ottawa

Doucet wants more autonomy

◆ Clive Doucet says if elected mayor he'd push for a City of Ottawa Act ◆ Toronto currently only city in Ontario with such powers {page 3}

MPs demand minister resign

Cabinet member under fire over West Block renos {page 6}

Power couple on the rocks?

Carey Mulligan across the pond from Shia LaBeouf (page 13)



Sens fall to Pens

Ottawa drops 5-2 decision in Pittsburgh {page 19}



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CHEVROLET



Candidate pushes for more autonomy

Doucet says that, as mayor, he would talk to the premier about establishing a City of Ottawa Act



Ottawa should have the power, accountability and resources to run its affairs as a mature level of government, mayoral candidate Clive Doucet said yesterday.

He announced that if elected, he will establish a City of Ottawa Act that will give the city the au-thority to fulfill its responsibilities properly. "We need a new deal for

the City of Ottawa," he said yesterday. "We need a City of Ottawa Act like Toronto has an act."

In Toronto, the act has given the city power to get green roofs, put development charges into transit and roads and the authority to levy growth taxes, Doucet said.

"The choices are not between the 'O'Watsons,' where you're basically getting the same choice. They're not very different. If we get people to understand that, they'll vote for us." CLIVE DOUCET,

MAYORAL CANDIDATE

The city needs a new attitude, he added.

"We have to start governing our city as if we were a city, not a town-ship. We have to do a bet-

ter job of servicing it.
"We have to start believing in ourselves as a city.'

Doucet also said he would do more to promote the business sector, draw on the resources of



National Research Council, universities and community colleges, create a new R&D technology hub specializing in green urban infrastructure and strengthen the roles of economic development groups.

news



News on the move

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On the web at metronews.ca

Allan Small explores the benefits of 'fallen angel' investments at metronews.ca/ investing



Negligence alleged in blast

Federal health and safety officers are recommending a string of charges against the federal government after a boiler explo-sion at the Cliff Central Heating and Cooling Plant killed an engineer and injured another worker a year ago today, CBC News Online reports.

Documents obtained by CBC show that Human Resources and Skills Devel-Canada recommended labour code

\$250M The cost of replacing the plant, which was decommissioned following the blast.

charges against the Department of Public Works and Government Services

A report said the company that serviced the boilers wasn't certified to do so, the plant had no proper emergency proce-

and dures. employees working on the boilers hadn't been shown the standard operating manual.

Shift engineer Peter Kennedy, 51, died after suffering second-degree burns to 60 per cent of his

Public Works Canada is expected to hold a stonelaying ceremony at the site of the explosion to mark the anniversary.

News in brief

Dozens face drug charges

BUST. Almost 50 people have been charged with over 250 offences after the police concluded a project aimed at the trafficking of narcotics in and around the Vanier area. They seized over \$40,000 worth of crack cocaine, marijuana and Oxycontin, as well as

over \$11,000 in cash. Project Renaissance targeted street-level drug dealers over a 10-month period. TRACEY TONG

Cop campaign gets results

DRIVERS. Police have laid 100 charges during its campaign focusing on tailgating and failing to stop for the flashing red lights on school buses

The school bus initiative resulted in 13 charges. O TRACEY TONG





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There's no place like home for Tom Green

◆ Tour has taken Green all over Canada, U.S., U.K., Australia — and that's just this year ◆ Current Ontario tour includes Belleville, Hamilton, London, Toronto



Ottawa's most famous comic export returns to his hometown this week to tickle the funny bones of people he used to know.

"I'm excited about coming back," said Tom Green of his show at the Centrepointe Theatre this Thursday. "I still know people in Ottawa."

Speaking to Metro Ottawa from his home in Los Angeles — which doubles as a set for his award-winning, top-ranking online talk show, Tom Green's "This is probably the most exciting time in the history of broadcasting. People can broadcast themselves without network affiliation. It's a great time for standup comedy, too."

COMEDIAN TOM GREEN

House Tonight — Green said his parents and family members still make their home in the capital.

"I try to get back to Ottawa as much as I can," he

said. "I've been on the road all year doing stand-up, so it's exciting to come back."

The Colonel By High School and Algonquin College television broadcasting alumnus, who got his start on a show on Rogers, got his break after it was picked up by the Canadian Comedy Network. He started the Tom Green Show in 1994 and has appeared in films including Road Trip, Stealing Harvard and Freddy Got Fingered.

Thursday's show will be "a really broad show," he said. "I like to comment about things that are going on in the world."

Senators welcome blood donors to Scotiabank Place

The Ottawa Senators teamed up with Canadian Blood Services yesterday for Be Red, Give Red! Ottawa's Biggest Blood Donor Clinic at Scotiabank Place.

With 3,000 new blood donors needed this year to meet the demand at local hospitals, and an aging population of existing donors, it's crucial to get young people's attention and get them involved, said Canadian Blood Services spokesperson Jennifer Ciavaglia.

"When we do a large event like this, it's about making a splash, getting the word out and getting people to come down to a kind of a fun, different venue to have a blood donor clinic," she said.



Also at the clinic was Rob Marshall, who had donated blood 200 times before contracting necrotizing fasciitis (flesheating disease) last year. He needed 50 units of blood

Donor checklist

In general, blood donors

- Be between their 17th and 61st birthdays, if donating for the first time.
- Be in good health and feeling well on the day of donation.
- Weigh at least 50 kg (110 pounds).
- Wait at least 56 days between blood donations.
- Provide ID with full name and signature or full name and photograph.

"I never thought I'd use it," said Marshall, who still gives blood regularly, "But, boy, was I glad it was there."

STEVE COLLINS

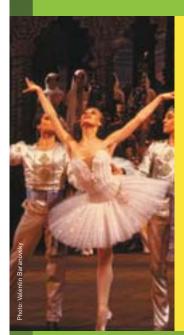


Pot rules don't pass muster: Patients

Dozens of patients from across Ontario, along with their supporters, rallied on Parliament Hill and at a Health Canada building to protest Health Canada's medical marijuana regulations yesterday. "The program has been running for nine years, and there is approximately 500,000 to one million people who actually consume cannabis for medical purposes," said Marko Ivancicevic. Their concerns include lengthy wait times for application processing and the difficulty patients face in getting doctors to sign application forms.



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Montreal businessman Paul Sauve's fundraiser ◆ His story changed later

Opposition MPs are calling for a Conservative cabinet minister to resign over a brewing contract controversy on Parliament Hill.

In the House of Commons yesterday, the Liberals, New Democrats and Bloc Quebecois all de-manded Natural Resources Minister Christian Paradis step down from his post.

Paradis was the guest of honour at a Conservative party fundraiser in the Montreal-area riding of Bourassa in January 2009.

Montreal businessman Paul Sauve threw the fundraiser months after his company got a \$9-million contract to renovate Parliament Hill's West Block

Paradis Paradis was public works minister at the time of the fundraiser, but not when Sauve got the contract.

Sauve says he paid Toryconnected businessman Gilles Varin to help get the job. The company went bankrupt a year later and lost the contract.

The RCMP are now investigating the West Block project.

Sauve says Varin and



"At no time was there any discussion about government business. It was strictly a fundraising event."

NATURAL RESOURCES MINISTER CHRISTIAN PARADIS, TO THE COMMONS EARLIER THIS MONTH

Gilles Prud'Homme, head of a Montreal-area Conservative riding association, both encouraged him to throw a political fundraiser months after winning the West Block deal.

Paradis initially maintained he did not discuss any government business at the fundraiser.

He later changed his story and said he congratulated Sauve for winning the West Block deal.

Then Paradis conceded he listened to another construction boss gripe about the federal contracting process

That had MPs calling on Paradis to resign.

"How can Canadians believe this minister after he has changed his story three times?" Liberal MP Marcel Proulx asked.

"What will it take? How many other versions will the minister have to go through before they put him out of his misery and fire him?"

Current Public Works Minister Rona Ambrose and Conservative House Leader John Baird rose to the minister's defence.

"The minister acted entirely appropriately," Baird

"When an individual ap proached him and notified him of the fact that he had been awarded a government contract, he congratulated him. When an individual came forward and made an inquiry about an upcoming contract, he did the right thing and referred them to a non-partisan public servant. THE CANADIAN PRESS

Project halted

Masonry work on the renovation ground to a halt Friday after subcontractor KJW Stonemasons walked off the iob and went to the

Company president Bobby Watt says he isn't being paid by the Montreal-based bonding company running the project. He claims he's being squeezed out of the masonry job in favour of another firm and he's asked the RCMP to look into that

Public Works Minister Rona Ambrose says the matter is between the companies and the government is not involved.

"The government of Canada has no contractual relationship with the company that is mentioned," she said.

"This is a dispute between two private entities.

THE CANADIAN PRESS

Osama bin Laden in **Pakistan: NATO**



A senior NATO official said Osama bin Laden and his deputy Ayman al-Zawahiri are believed to be living in relative comfort in Pakistan houses and not hidden away in a cave.

The official told CNN the two top al-Qaida figures are not living together, but hiding close to each other.

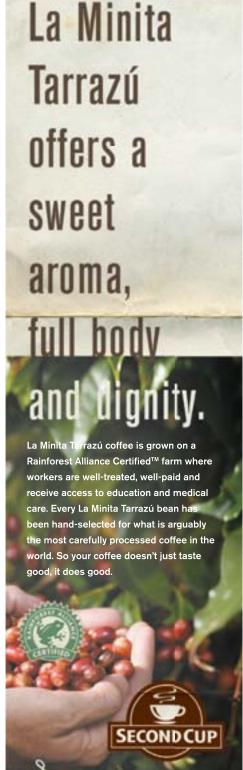
THE ASSOCIATED PRESS



A True Love match

Today's photo of the day is by Canadian Omz Ali and was submitted in the Emotions category. The photo is titled: The True Love. Enter your photos today and view more pictures at metrophotochallenge.ca.





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Blogs urge boycott of Campbell's Canadian soups

▶ Right-wing U.S. bloggers say halal soups have ties to Islamic terrorist groups

The controversial Ground Zero mosque in New York and Campbell's Canadianmade tomato soup have nothing in common, one would think.

Yet they're being stirred in the same pot by some conservative bloggers in the U.S., who say Islamic terrorists are behind both projects.

Pamela Geller, who runs a widely read anti-Muslim site called Atlas Shrugs, is calling for a boycott of some 15 soups made by the Canadian subsidiary of New Jerseybased Campbell Soup Co.

The soups are certified as halal food, meaning they're prepared according to Islamic dietary laws. Sold in Canada, the raise \$4,000 for a headstone for a Muslim-Canadian girl who was killed by her family for refusing to wear a headscarf, the New York Times

4,000 In 2008, Pamela Geller

issued an appeal to

wear a headscarf, the New York Times reported. Aqsa Parvez, a 16-year-old from Mississauga, Ont., was killed by her father and brother after a dispute over her choice of

dress and other issues.

soups are certified by the Islamic Society of North America (ISNA). But Geller claims ISNA has ties to terrorist groups, including Hamas and the Muslim Brotherhood.

"No one is suggesting they not have halal food. I'm not against halal food any more than I'm against kosher food. My issue is who's doing the certifying," Geller told The Washington Post Sunday.

A number of conservative groups, including JihadWatch.org, have joined Geller's call for the soup boycott. What seems to be lost in the U.S. blogosphere is the fact that Campbell's halal soups are not offered in the U.S., and the company says it's not planning to.

THE CANADIAN PRESS



Workers protest plan to raise retirement age

French oil workers have defied the government's demand to get back to work and end scattered fuel shortages, stepping up their fight against President Nicolas Sarkozy's plan to raise the retirement age to 62. Schools, trains, public transport and even garbage collection in Marseille have been blocked by strikes.

New bid on PotashCorp

Canadian pension funds are reportedly teaming up to thwart BHP Billiton's 38.6-billion US hostile bid for PotashCorp, but observers say the odds of the move panning out are slim.

The Globe and Mail reported yesterday that Alberta Investment Management Corp., or Aimco, is leading talks with other funds to take a 30 per cent "blocking stake" in the Saskatchewanbased fertilizer powerhouse.

Unnamed sources quot-

ed in the newspaper gave the plan a low chance of success, given the hefty financial commitment involved. As well, BHP's US 130 per share offer expires Nov. 18, giving the funds only a month to put together a rival bid.

"Do I think the pension funds can pull this off in this time frame? No. Mainly because they are out of their element," said Marin Katusa, a market strategist with Casey Research.

Chinese interest

The purpose of the Canadian pension stake would be to make Chinese investment in PotashCorp. more politically palatable, the Globe report said.

 China wants to secure supplies of the key crop nutrient, and would get the entire output of one of PotashCorp.'s mines under the arrangement.

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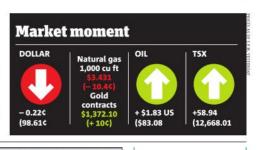
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The Wall Street Journal is reporting that 10 popular Facebook applications have been transmitting users' personal identifying information to dozens of advertising and Internet tracking companies.

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PARTNERING UP AND PACKING ON POUNDS



The old cliché suggests that women who have been recently dumped will spend months moping on the couch devouring endless tubs of ice cream. In reality this is completely untrue.

kay, the ice-cream depress-fest might happen for a day or two but then a post-breakup fitness regime takes over. Newly single ladies will often develop an unwavering enthusiasm for the treadmill in an effort to get back into fighting (flirting) form.

So while a breakup can be the catalyst for a renewed dedication to trim down, a fresh new romance will often have the opposite effect.

Coupling up inevitably results in a change in lifestyle. You stop attending those 9 a.m. exercise classes in favour of Sunday

morning brunch dates with gluttonous plates of pancakes. All night dance-a-thons with single girlfriends are a distant memory as you become accustomed to spending lazy nights in, cozying

up on the couch with your mate. And while your sex life might have improved significantly, these romantic romps can quickly turn into your only source of cardio as you settle down into relationship mode. In some ways, falling in love gives you licence to let yourself go.

For me, being in a relation-

ship has meant that my eating habits have undergone a significant transformation. As a single girl living on my own, a simple

salad or a bowl of cereal were perfectly satisfying dinner options. However, now that I'm part of a domestic duo I spend hours preparing homemade spaghetti bolognese and

baking decadent apple pies with my live-in love. This late night feasting is delicious, but it's also very detrimental to the waistline.

In order to keep up with my ravenous roommate I allowed my caloric intake to skyrocket. The weight gain snuck up on me slowly but surely until it smacked me in the (newly plump) face.

My boyfriend, bless his heart, refuses to admit that I'm noticeably heavier than when we first met. Even as he watches me lunge around the living room, struggling into my jeans, he sincerely insists "I really haven't noticed any change ... are you sure you've gained weight?"

As much as I'd like to blame my enabling romantic partner I know that it's my own fault. I let myself get comfortable. Secure in the knowledge that he loves me "no matter what" I invited carbs back into my life and packed on the dreaded "relationshin 15"



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon



PRIVACY IN THE AGE OF FACEBOOK



a

Worth mentioning

When Beverly Tucker's dog Tobi ruptured a disc in his back, the veterinarian gave her a stark choice: Expensive surgery with little chance of success, or euthanasia.

Like a growing number of pet owners, Tucker opted for a third choice thanks to medical advances and shifting attitudes about animal care. She bought a wheeled cart fitted for Tobi's hind legs, restoring mobility to her paralyzed pooch.

Pets with disabilities ranging from spinal injuries to deafness still struggle more than healthy counterparts, but their futures are no longer **Pooch on wheels**

"In some ways,

falling in love

gives you

licence to let

yourself go."



as grim as before. An industry catering to owners of disabled pets has sprung up, offering everything from carts to chiropractors specializing in canine spines.

Even in an economic slump, people are willing to pamper their pets. Total spending in the United States on pets has grown, rising from \$41.2 billion US in 2007 to about \$47.7 billion this year, says the American Pet Products Association.

Animal health specialists, rescue volunteers and medical supply makers all say they've seen a growing willingness in the American public to adopt or care for pets with ailments that once would have met with certain euthanization.

THE ASSOCIATED PRESS

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Metro Minute in Chinatown

If you haven't checked out the Chinese imperial archway welcoming visitors and residents to Ottawa's Chinatown yet, you should head on down.

head on down.

Unveiled earlier this month, the Ottawa Chinatown Gateway, located on Somerset Street just off of Bronson Avenue, celebrates the 40th anniversary of Canada-China diplomatic relations and is the official

entrance into Ottawa's Chinatown.

The project, which cost \$600,000, was funded by the governments of Canada and Ontario and the local BIA. The City of Beijing also contributed \$300,000 of in-kind services, including architectural design, premium-grade materials and the expertise of Chinese tradesmen.

TRACEY TON











Celine in hospital



Celine Dion has been admitted to a Florida hospital to prevent the early delivery of her twins.

The superstar singer is at St. Mary's Medical Center in West Palm Beach, Fla. The hospital said in a statement the admission was recommended to make sure she's near her doctors leading up to the babies' birth. Her rep said she is due to deliver the twins early next month.

Dion said earlier this year that she's pregnant with two boys. She had tried for years to have more children. She and her husband, Rene Angelil, are the parents of a 9vear-old son, Rene Charles.



'Buzz off malaria': celebrity battle cry

Hollywood heavyweights mouth off against malady-borne mosquitoes PSAs take on task of eradicating crisis with the help of a little humour

A new public service announcement irreverently suggests one way to solve the malaria problem in Africa: Recruit a cadre of sexy mosquitoes called La Femme Mosquita to seduce and kill their diseasecarrying counterparts.

It's one example of the humour the non-profit group Malaria No More hopes will spread awareness in eliminating the deadly disease.

B.J. Novak, star of the NBC sitcom The Office, likes the "laugh with us and not at us" approach. He and other celebrities including Ed Helms, Elizabeth Banks, John Mayer, and Orlando Bloom are



lending their support to the group through a series of TV spots and viral videos.

Novak said that public service announcements historically have gotten lit"Looking at it simply by the numbers, the math works out very well." B.J. NOVAK (ON REDUCING MALARIA THREAT IN FIVE YEARS)

tle respect, despite the importance of their causes, making them ripe for ridicule. The ubiquitous This is your Brain on Drugs ad that showed an egg frying was satirized in Nightmare on Elm Street with Johnny Depp getting whacked in the head with a frying pan by Freddy Krueger.

One of the funniest spots in the Malaria No campaign More

Helms as a big-game hunter. In the three-minute video, the actor suggests alternative techniques to kill malariaborne mosquitoes, such as biting back.

Helms travelled to Senegal to observe the problem and produce the spot. He called it "an incredible adventure" that he hopes will raise awareness. He feels the campaign can educate a broad audience, and he also hopes to "piss off a few mosquitoes in the process.

"He for sure is using the other best medicine to fight malaria," Banks said. "Humour"

THE ASSOCIATED PRESS

Deadly disease

- Malaria was eradicated in the United States in the early 1950s, but the disease continues to exist in the third world.
- In Africa, 2,000 children die every day from malaria, according to Malaria No More, which breaks down to a death every 45 seconds.
- Tools used to fight malaria include mosquito nets, insecticide and effective medicine
- Most of the money raised for Malaria No More centres around \$10 donations that come from texting to the word NET to 85944.

Hathaway can joke about criminal ex-BF

Anne Hathaway is now at a point where she can joke about her former boyfriend admitting he was a con artist.

The 27-year-old actress opens up about the ordeal in the November issue of Vogue magazine.

Asked to name her "deal-breakers" with men, Hathaway replied, "Uh ... fraud?" and laughs.

Raffaello Follieri pleaded guilty to cheating investors out of millions of dollars by falsely claiming he had Vatican connections that enabled him to buy church property at a discount. He was sentenced to 4½ years in prison in 2008. Iewelry that Follieri

gave Hathaway was re-cently auctioned off by

U.S. marshals

All joking aside, the actress admits the relationship took its toll.

The experience taught her to be "more wary," she said. "It takes a minute for me to let my guard down, but once I do and I get to know someone, I'm very open, very trusting. Some might say too trusting. THE ASSOCIATED PRESS



▶ Actress Anne Hathaway said filming her latest movie Love and Other Drugs helped her deal with trust issues after her past boyfriend was imprisoned on fraud charges.

VINYL COMBATS DIGITAL ERA



t was a dark time for the music industry last week. It took only 71,000 copies of Toby Keith's Bullets In a Gun to top the Billboard 200 chart — no other record, since Nielsen Soundscan bean tracking data in 1991, has debuted in the No. 11 spot with such low numbers.

It's proof, once again, the more people are turning to digital and leaving the physical product behind.

Or is it?

While CD sales continue to slide, people are scooping up more vinyl records than they have in years. In the States last year, 2.5 million LPs were sold, up 33 per cent from the year before. Vinyl sales actually grew at twice the rate of digital sales.

Of course, a couple million records is nothing compared to the 374 million CDs that were sold in 2009 or the 1.16 billion songs that found their way from paid sites onto people's computers.

But the rise in vinyl sales tells us something — people still care about the package. I'm one of those LP buyers. While it's easier and more convenient to hold thousands of songs on an iPhone, nothing beats opening a record for the first time.

First of all, there's the artwork. The fact that



designers have a much larger space to work with usually produces better work. The bright images, the detailed book-like liner notes — while there are some beautiful CD packages, it's much easier to find stunning graphics in vinyl products.

Then there's the act of listening to the record itself. I'm more invested in listening to an album when I have to flip it over. I'm forced to pay attention and the artist, in theory, has to make every song worth listening to, otherwise I won't play the second half.

I've always wondered why the traditional music industry doesn't actively promote vinyl. It may not save them, but maybe an aggressive push, and a free download offer with every LP bought, would help bring more bucks to their bottom line. Record players are cheaper and more durable than the once were, plus people can purchase used ones that are still in good shape.

Maybe, like the mobile industry, the music world should give away or significantly discount record players so more people would buy records.

That push probably won't happen, but with LP sales going up every year, it's not time to usher in the death of the physical album just yet.

DVD Releases this week Buy it

| Borrow it

| Don't bother |

Dragon full of fiery fun

How to Train Your Dragon Genre: Animation

Directors: Dean DeBlois, Chris Sanders

Stars: Jay Baruchel, Gerard Butler, Craig Ferguson

Sure to be a candidate for Best Animated Feature when the Oscars roll around, this medieval charmer offers happy proof that animated movies are often the source of originality that's sadly lacking in most live-action fare.

It's the story of a timid young Viking named Hiccup, voiced by Canada's Jay Baruchel, who lives in the remote village of Berk, a place "12 days north of Hopeless and a few degrees south of Freezing to Death."

Berk would be an okay place to live, for a Viking, except it's constantly being dive-bombed by pesky dragons. The stout locals have learned how to slay



the beasts, with the exception of one deadly apparition known as the Night

Hiccup wants to be a dragon killer like his brave dad, Stoik the Vast (Gerard Butler), his trainer Gobber the Belch (Craig Ferguson) or even plucky local lass Astrid (America Ferrera).

He has the wit to trap a dragon, but not the heart to kill it. He discovers that dragons are just like kittens, except for the firebreathing part.

The film presents the timeless messages of not judging a book by its cover and learning to be just who you are. Fortunately, these messages are disguised by a whole lot of fiery fun.

O PETER HOWELL



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Contests and PRIZES

Come in your lederhosen or other Bavarian costume for your chance to win a prize!

www.byward-market.com/oktoberfest

Cage helps to fight poverty in Romania

• Actor doing good while filming Ghost Rider sequel • Will be guest of honour at charity ball that helps underprivileged Roma children

Cage will travel to Romania to film the sequel to Ghost Rider, and also be guest of honour at a charity ball helping underprivileged Gypsy children get an education.

Cage will be in Romania at the end of October to shoot the movie Ghost Rider: Spirit of Vengeance, said a press statement from the charity organizing the ball.

During his stay in the country, Cage will also par-ticipate at a Halloween ball organized by the mother of another Hollywood actor, Ethan Hawke.

Leslie Hawke says they are thrilled Cage will be at their event.

Cage's grandparents emigrated from Italy to America "back in a time when there was tremendous prejudice against Italian immigrants," Hawke said.



Prejudice against some 1.5 million Gypsies, or Roma, is widespread in Romaand many Roma children do not get a basic education, which often

leads to a life of discrimination and poverty.

Hawke, the actor, was guest of honour at last year's event, which was held in the giant palace of late Romanian dictator Nicolae Ceausescu. Cage won the Academy Award for Best Actor for his role in Leaving Las Vegas in

1995. THE ASSOCIATED PRESS

Are Shia and Carey done?

Could Shia LaBeouf and Carey Mulligan's relationship be hitting a rough spot?

Despite claims last year she would make New York home, the British actress has returned home, according to Telegraph.

"I'm moving back to

England. It's a long story," she tells the newspaper. "I am spending more time here at the moment. Just spending time with my family, really."

LaBeouf, meanwhile, is busy in Washington D.C. filming Transformers 3.

Celebrity tweets



[@50cent] I'm just learning how to use the

camera I have. I brought a professional joint the lens package was 10k. I'm not buying another one.



Alicia Keys [@Alicia keys] There is no word to

properly describe LOVE, to describe BLISS, to express a





Katv Perry [@katyperry] Why does the childrens

menu always looks delicious?! Damn kids.

Lohan told to cut ties with mom

Lindsay Lohan is being advised to sever all business ties with her mom, Dina Lohan, if she wants to successovercome her substance abuse issues, sources tell Radar Online.

'Dina needs to no longer

act as her manager, or work for her daughter in any capacity," a source says. "Lindsay and Dina don't have a normal mother-anddaughter dynamic because of the length of time that Dina has worked for Lind-

"Lindsay feels the financial burden of taking care of her entire family. It's enormous pressure for any person in their 20s, let alone someone that is battling with addiction." • METRO







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of fiber and vitamins
including A, C and K.
And they contain very
little carbs.



Andropause
Caused by lower
testosterone in the
body, andropause
can leaves men feeling irritable and
tired and with lowered sex drive.





Ready, steady, go

• How to get up and keep going with an exercise regime, without falling into bad habits



Once you have made the mental commitment to ditch your former lazy self, the hardest part is having enough willpower to carry on and not revert to your old ways.

Celebrity trainer Tracy Anderson guides you through the second phase of this new, fitter you.

Get up and go

For Anderson, it's all about getting the work/workout balance right.

"Start by blocking out the time to workout in the day, even if just for 10 minutes. Once you start getting used to it, increase this time to 30 minutes and eventually one hour," she says.

Don't just diet

"I don't believe anyone achieves physical beauty by going on a diet alone," explains Anderson.

"Food must be embraced in a healthy way and extreme dieting can potentially be dangerous. It's all down to control — don't spend your day eating Doritos chips but don't deny yourself steak and mash if you really want it."

Going for the lunge Anderson advises her clients who struggle the most to try to understand what they want from their body and life.

"If you love life, you will want to live it to your best and your healthiest. Tell yourself you want to look and feel great or else come to terms with the realities of an unhealthy life like being overweight and unfit," she says.

"Getting a running bud-

"Getting a running buddy, joining a yoga class or team sports such as basketball is for people who cannot motivate themselves alone."

Knowing that someone else is going through the same challenge as yourself is a highly motivating factor and a real push. People that genuinely no longer

wish to be lazy will need to switch the way they think and embrace change.

A question of genetics

Motivation is often seen as something that is only affected by our lifestyle but in reality it could also have to do with gender. In general, the desire to be active seems to come more instinctively to men than to women.

Women have a tendency to gravitate towards the quick fix solution and that can make them feel insecure.

However, both sexes use their physique and the way the look and feel as a way to empowerment.



"There are many lazy people out there who don't think beyond the typical fat to think solution. They fail to realize that being thin alone won't improve the tonicity of skin and muscle, let alone health."

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Watermelon packing Frightening effects by cosmetic contacts a big healthy punch

• Small study shows super food can lower blood pressure, hypertension



Watermelon is one of those super foods.

It's low-cal, high in fibre, packed with vitamins, fun to eat — and sweet to boot.

researchers Florida State University have found that juicy, red watermelon has another health punch - eating it regularly has the potential to help prevent hypertension.

This is important behypertension cause known as the "silent killer" — is a risk factor for cardiovascular disease and stroke.

In a small study, scientists fed watermelon extract every day for six



weeks to people with prewhich hypertension, means slightly elevated blood pressure.

All nine of the subjects had lowered blood pressure at the end of the study.

Authors are suggesting larger study to test the power of this functional and delicious — food

Goblins and ghouls gearing up to spook people on Halloween are warned not to use cosmetic contact lenses to change eye colour because the non-prescription devices can cause infection, allergic reactions and other complications that could lead to vision loss

Cosmetic lenses, purchased over the counter, are worn to change the colour or appearance of the eye. But contact lenses are medical devices and shouldn't be worn without a valid prescription the Nova Scotia Association of Optometrists said Friday in a release. THE CANADIAN PRESS

RESEARCH STUDY **DO YOU HAVE ARTHRITIS? ARE YOU EMPLOYED?**

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REDUCE YOUR STRESS FOR BETTER ORAL HEALTH!

Most of us probably do not think of reducing stress as a great way to improve our oral health. Afterall, stress is something we associate with hypertension and heart health. The it can be for our cardiovascular system

However, stress does have an impact on our oral health. In fact, people who are experiencing high levels of stress may find their oral health compromised in any one of a number of different ways.

For instance, when stress levels are **high**, there is a greater tendency to suffer from **bruxism**, **or teeth grinding**. This can be particular problematic at night while trying to sleep, and can lead to a number of issues.

Teeth grinding can literally wear away the surface of your teeth. By changing the shape of your teeth in this way, you may actually change the nature of your bite. This can put undue stress on the jaw joint and result in increased likelihood to suffer from tension headaches. And more tension headaches are one of the last things people under stress need!

Furthermore, when stress is leading to bruxism, you are not getting the deep, relaxing REM sleep the body needs to recharge. So you may find yourself more likely to wake up without feeling



Dr. Wavne Perron **Dental Surgeon**

fully rested!

People under stress are more likely to suffer from conditions such as canker sores or dry mouth. Canker sores are not as problematic as they do not usually result in other oral health conditions. They can, however, be quite painful.

Dry mouth can result in other oral health issues. People suffering from dry mouth find it difficult to produce saliva Saliva production is actually extremely important to reducing the build-up of bacteria around the gum line. People with **low levels of saliva** tend to have higher levels of the bacteria that cause nerindontal disease!

Therefore, it should come as no surprise

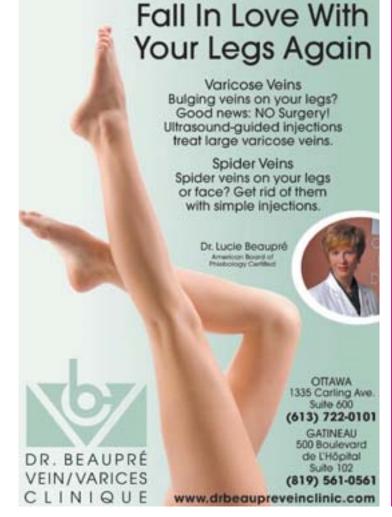
to discover that high stress is also linked to periodontal disease. In addition to the fact that reduced saliva levels make it harder to remove bacteria from the gum line, people under stress

That means the natural defenses of the body are not as effective at fighting the bacteria that causes periodontal disease Given what we are learning about the links between periodontal disease and systemic health, it is not just the gums that may suffer.

The bottom line is that stress can compromise your oral health on so many different levels. If you suffer from stress and find it may be causing any of the conditions discussed herein, the first line of defense for you is to contact your dentist. S/He can help deal with those immediate oral health concerns

In the long run, you will need to develop healthy methods for controlling you stress, such as exercise or meditation Both your oral and your systemic health will appreciate anything you can do in that regard. Because reducing stress is a healthy habit on so many different levels...and healthy habits lead to healthy lives.

Dr. Wayne Perron - Dental Surgeon



Liquid Assets

Break out bubbly any time of year



ROCKWELL ASTLINK.CA

The persistent theory that sparkling wine should only be reserved for New Year's Eve or special occasions of similar celebratory stature ticks me off to no end.

In fact, if my wife wants to push my but-tons, she'll ask me if whatever we're eating would pair well with a glass of bubbly. She knows the answer is ves, because sparkling wine goes with just about everything.

Whether a Spanish Cava or full-blown vintage champagne, the clean lines and flowing effervescence of a sparkler can cozy up to the flavour profile of everything from a Big Mac and large fries to Christmas dinner.

Two Oceans Sparkling Sauvignon Blanc Brut (\$11.95 \$12.99) from South Africa is a fine choice to challenge my foodfriendly theory. Soft and refreshing, it offers citrus, lemon and subtle vegetal green fruit with nice weight and density.

Italy's Voga Sparkling Pinot Grigio (\$18.20 -\$22.99) is light and airy with a crisp, lemon-lime expression wrapped in a package so sexy you'd almost think you should be dabbing some behind your ears in the morning. Prices vary across Canada.

Peter Rockwell is the everyman's wine writer. working in the liquor industry for more than 25 years and traveling the globe looking for some-thing to fill his glass and put into words



Comfort food for fall evenings

• Come in from the cold to hearty, home-made comfort food the whole family will love This classic pairing also makes a great lunch option the next day

Fusilli and Meatballs Preparation:

- Coat pot with cooking spray and set over medium-high heat. Sauté onion and garlic until soft, 5 minutes. Transfer 2 tbsp onion mixture to large bowl.
- Whirl tomatoes in food processor until smooth. Add to pot. Bring to boil over medium-high heat; reduce to medium-low. Cover and simmer 30 minutes. Add basil and oregano during last 15
- Process bread to crumbs. Add crumbs, beef, egg, milk, salt and pepper to onion mixture and mix just until blended. Make twenty 2.5 cm meatballs. Coat medium skillet with cooking spray and set over medium-high heat. Cook meatballs until browned, 8 minutes. Drain; add to sauce.

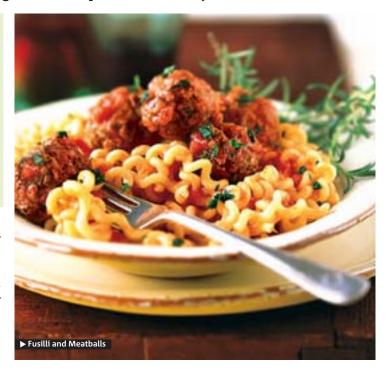
Ingredients:

- 1 onion, chopped
- · 2 garlic cloves, minced 796 mL can Italian tomatoes
- 796 mL can whole tomatoes in purée
- 1/4 cup chopped fresh basil
- 1 tsp dried oregano
- · 2 slices dry white bread
- 500 g lean ground beef 1 egg
- 2 tbsp 1% milk
- 1/2 tsp salt 1/2 tsp pepper
- 375 g fusilli

Cover and cook, stirring occasionally, 20 minutes.

Meanwhile, cook pasta; toss with 1 1/2 cups sauce in serving bowl. Serve meatballs with remaining sauce. Serves 6.

Per Serving: 470 calories, 6 g total fat, 2 g saturated fat, 77 g carbohydrate, 8 g fibre, 31 g protein.



Halloween treats

Ingredients:

- 175 ml (3/4 cup) canned pumpkin puree
- 175 ml (3/4 cup) packed light brown sugar
- 125 ml (1/2 cup) non-fat
- plain Greek-style yogurt
 30 ml (2 tbsp) canola oil
- 5 ml (1 tsp) vanilla
- 125 ml (1/2 cup) finely
- chopped crystallized ginger • 500 ml (2 cups) sifted cake flour
- 5 ml (1 tsp) cinnamon
- 3 ml (3/4 tsp) ground
- ginger
 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) salt • 1 ml (1/4 tsp) ground



► Pumpkin Double-Ginger Cookies

Pumpkin Double-Ginger Cookies Preparation:

- Position a rack in the centre of the oven and heat it to 180 C (350 F). Coat 2 baking sheets with cooking spray or line with parchment.
- In a large bowl, combine pumpkin, brown sugar, yogurt, oil and vanilla. Whisk until smooth. Stir in crystallized ginger.
- In a medium bowl, stir together flour, cinnamon, ground ginger, baking soda, salt and nutmeg. Stir dry inaredients into the wet. mixing until blended.
- Drop tablespoons of the batter onto prepared baking sheets, spacing cookies about 4 cm apart. Bake, in two batches if necessary, until lightly browned, about 15 minutes. Transfer cookies to a wire rack and let cool

Nutrition information per cookie: 54 calories: 7 calories from fat; 11 g carbohydrate; 38 mg sodium. THE ASSOCIATED PRESS

Cream of Leek and Potato Soup



Ingredients:

- 1 tbsp olive oil
- 250 a leeks, white part only, thickly sliced
- 1 large onion, coarsely chopped
 • 2 x 540 mL cans chicken
- broth • 500 g all-purpose pota-
- toes, peeled and sliced
- · salt to taste • 1/8 tsp ground white
- pepper • 1/3 cup low-fat sour
- cream

Cream of Leek and **Preparation:**

In large pot, heat oil over moderate heat. Stir in leeks and onion, then 3/4 cup broth. Cover and cook stirring frequently unbrowned, 10 minutes. Add potatoes and stir to coat.

- Pour in half of remaining broth and bring to boil. Simmer, partially covered, until potatoes are soft. 15 - 20 minutes. Remove from heat. Transfer to blender and purée until smooth.
- Pour remaining broth into pot. Add vegetable purée and bring to simmer, stirring constantly, about 2 - 3 minutes. Season to taste with salt and pepper.
- Remove from heat and stir in sour cream. Ladle into soup bowls. Makes 6 servings. READERS DIGEST

Passion can ease the pain

• Falling in love can stimulate the brain much like the rush of a drug

Sometimes love does feel like it should.

Falling in love can act as a potent painkiller, and now scientists have figured out why: It stimulates the brain's reward pathway, much like the rush of an addictive drug.

The next question is whether better understanding of the love-pain relationship might somehow help scientists tackle chronic pain. Falling head over heels isn't exactly something a doctor can prescribe.

But "maybe prescribing a little passion in one's relationship can go a long way toward helping with one's chronic pain — assuming it's passion with the one you're with," said study co-author Dr. Sean Mackey, chief of pain management at Stanford University.

The story begins with psychology professor Arthur Aron of the State University of New York at Stony Brook, who studies the neurology of love. His work has linked that euphoric phase of a fresh romance to brain regions rich in the chemical dopamine. Dopamine is key to what's called the brain's reward pathway, the feel-good mechanisms that encourage certain behaviours. Eating sweets, for example, boosts this system — and addictive drugs like cocaine hijack it.

"When people are in love, in many ways it's not dissimilar to what



they get when they take amphetamines or stimulants: They're very excited, have loss of appetite, sleep loss, they're active, full of energy," noted Dr. Nora Volkow, director of the National Institute on Drug Abuse and a dopamine expert.

Then pain specialists noticed that if someone in an intense romance gazes at a picture of his or her amour while being poked or prodded, they feel less pain.

Is that because their love is distracting them from the pain? After all, specialists often advise sufferers to listen to music or try other steps to take their mind off the pain. Or did love work some other way? Mackey and Stanford colleague Dr. Jarred Younger teamed with Aron to find out.

They put up campus signs seeking love-struck Stanford undergrads and within hours couples

Warning signs

• Caution: New love's flush can fade to commitment, which doesn't trigger the same brain response. But Aron said he recently found that doing something new and exciting with a longtime partner stirs up that old passion, "a good idea whether you're in pain or not."

were flocking in, "the easiest study we have ever recruited for in my entire career," said Mackey.

Fifteen people underwent a battery of tests. They looked at either a picture of their new love or a picture of an attractive acquaintance, or were given distracting tasks such as to list sports that don't involve balls. Researchers touched them with a hot wand to induce moderate pain, and scanned their brains.

Looking at their loved one and distraction produced equal pain relief—but the distraction worked through cognitive pathways while the romance triggered a surge in that reward pathway, the team reported Wednesday in the journal PLoS One.

That means the brain can generate pain-controlling responses without medications that perhaps, "if we understood them better, we could trigger them," said NIDA's Volkow.The ASSOCIATED PRESS



FROM ISRAEL WITH I OVF

How We Met: Dan & Yael

"I (Yael) met my husband, Dan, in an online chat room back in September 1999.

"I was living in Israel at the time, while he was going to university in Canada. One day I was browsing through a chat room and he came online.

Everyone was entering their basic information, and when Dan saw that I was from Israel, he immediately sent me a private message and we started chatting.

"From there, we moved to emails and later to phone calls. After three months, he bought a ticket Names: Dan, 35, and Yael. 32

Hometown: Vaughan, Ont.

Together since: 1999

Their story:

to Israel and the rest is history. We were married in December 2002, and will be celebrating our eighth anniversary this year. We also have a beautiful two-year-old son."

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BEWARE THE STOCK TIP!

biggest mistakes investors make are selecting investments they don't know anything about; using an investment strategy that doesn't fit their risk level; avoiding research, or Investment analysts taking a stock tip from

an unqualified friend. On its own, the price of a stock or fund means nothing; but when you compare price, earnings, debt, industry, and other factors against other companies or funds in the same peer group you get a better picture of what the company or

fund is all about. If a particular stock has caught your eye, start by paying a visit to Sedar.com, which is pro-vided by the Canadian Securities Administration. If you're interested in evaluating a fund, check out Globe Investor's Fund Filter (http://globefunddb.theglobeandmail.com/ gishome/plsql/gis.analyse

prepare informative reports on various companies and funds, covering line of business, competitive assessment of the business, historical financials, etc. An analyst also predicts the future of each of these factors.

Doing research up-front will help you avoid losing money by selecting quality investments suited to your profile.

Tips to boldly begin business

Alison's Money Rule: Rise to the challenge of running a business by posing questions • Ask for help

Scott Wilson of Oakville, Ont., got his start in mar-keting and the credit business before striking out on

Today he is the president and CEO of Bluecap Financial, and is tapping into the near virgin territory of small business lend-He's seen successes ing. and failures and good ideas managed badly. Here are his top tips for staying alive in shark infested waters.

- · A great business idea is no sure thing. Start by knowing your target market and study - books, gurus and other successful businesses.
- · A business without a website reflects a business with limited potential. Smart entrepreneurs need



to stay one step ahead of their competition so pony up to the digital age.

- During slow times, don't cut prices. Instead hold workshops, partner with suppliers, network like crazy and aim to give customers more value.
- When taking on a

business partner, especially a friend or relative, be crystal clear about respon-

sibilities and expectations. Most businesses comprise partners. Pick one with completely different skills and contacts. That way, there's more territory to draw on.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.35%
CIBC	0.70%
HSBC	1.10%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.35%
TD	1.25%
ALLY	2.00%

- · Get comfortable talking, not bragging, about your business. Practice a 15 or 20 second elevator speech that tells people, simply and compellingly,
- what you do.
 There are tons of free resources for start-ups and existing businesses On the internet search Industry Canada and business or small business in your province for starters. If you prefer oneon-one attention, hire a business coach.
- · Retain experts for what you don't know. An accountant could save you lots more money than what he or she charges. Farming out the areas you don't know allows you to concentrate on your area of expertise.

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Small business owners are happy individuals

Canada are a happy group. According to the TD Small Business Happiness Index, 62 per cent of Canadian small business owners would describe themselves as "very happy" with only 1 per cent saying they are very unhappy.

The research, which examined the attitudes and behaviours of North American small business owners, shows that nine in 10 Canadian small business owners are happier owning and running their own business as compared to working for someone else.

• 97 per cent said... owning a small business gives them a sense of pride and accomplishment.

- 91 per cent said... owning a small business gives them a deep personal connection to their emplovees.
- 84 per cent said... owning a small business gives them a deep personal con-

• 86 per cent said... owning a small business gives them the opportunity to volunteer their time or make donations to charities and events.

Where are they happiest? Top five happiest cities:

- 1. Calgary (30 per cent)
- 2. Montreal (29 per cent)
- 3. Ottawa (27 per cent) 4. Toronto (26 per cent)

Vancouver (23 per cent) **NEWS CANADA**





Sens thumped in Pens' new barn

() Abbet m

Elliott vanked after allowing five





SENATORS

Sidney Crosby and Mark Letestu scored power-play goals in the first period and the Penguins won their third in a row last night, ruining defenceman Sergei Gonchar's return to Pittsburgh by beating the sluggish Ottawa Senators

Evgeni Malkin also scored as the Penguins won their fourth in five games since losing three of their first four. All three of those losses were in the new Consol Energy Center, where the Penguins have since won two straight.

Gonchar, the power-play anchor of the Penguins' Stanley Cup finalist teams in 2008 and 2009, didn't have a memorable return in his first game back in a visiting uniform.

The Russian was on the ice for every goal in the first two periods as Pittsburgh took a 5-1 lead, causing an exasperated coach Cory Clouston to bench goalie Brian Elliott for

Homesick Sens

Ottawa has been outscored 17-8 while going 0-3-1 on the road.

Robin Lehner. Elliott was pulled after stopping only 17-of-22 shots.

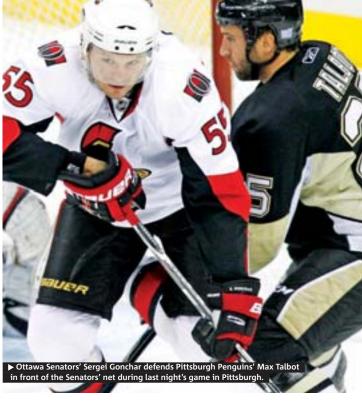
Ottawa, a first-round playoff loser to Pittsburgh last season, is 1-4-1 — part-ly because of a power play that is only 2-of-24, includ-ing captain Daniel Alfredsson's first goal of the season last night.

Alfredsson made it 3-1 at 5:40 of the second, but Pascal Dupuis — moved back to Crosby's No. 1 line — and Kris Letang responded with goals 25 seconds apart.

Penguins backup goalie Brent Johnson, making his third consecutive start, turned aside 32 shots while improving to 4-0 this season. Marc-Andre Fleury, who last started in Pitts-burgh's 4-3 loss at home to Toronto on Wednesday, is

Johnson's best stop came when he poked the puck off Mike Fisher's stick as he neared the net on a breakaway with the Penguins up 5-2 midway through the third.

Letestu, the Penguins' surprise scorer with four goals in seven games, took advantage of a too many men on the ice penalty for



Ottawa to put a knuckleball-like shot under the crossbar at 8:39 of the first. Three minutes later, Gonchar received a standing ovation from the standingroom crowd of 18,101 during a scoreboard tribute.

Gonchar also was on the ice for Crosby's third goal two games. Alex

Goligoski's shot went wide and deflected to the side of the net, where Crosby shoved it inside the near post with Malkin by his side at 13:53.

Malkin scored himself slightly more than three minutes later, when Letestu won a faceoff in the Ottawa zone and the puck

banked off Mike Comrie to the front of the net for a 3-0 Penguins lead.

Letestu, a rookie who made the roster after the Penguins didn't bring back forwards Bill Guerin, Ruslan Fedotenko and Alex Ponikarovsky, had one goal in 10 games last sea-SOn. THE ASSOCIATED PRESS

sports





- Lightning centre Vincent Lecava-lier is out with a right hand injury.
- Magic Johnson has sold his small ownership stake in the Los Angeles Lakers.
- Leo Rautins and Allison McNeill are returning as coaches of the Canadian men's and women's basketball teams. METRO NEWS



Seau in hospital after driving SUV off a cliff

Former NFL star linebacker Junior Seau drove off a cliff and was hospitalized with minor injuries yesterday, less than nine hours after he was arrested on suspicion of domestic violence.

12-time The Bowler's white Cadillac SUV was found on the beach about 100 feet below the roadside, said Carlsbad police Lt. Kelly Cain. Cain said it wasn't a

sheer cliff, but was a significant, rough slope. Seau was taken to Scripps La Jolla Hospital in San Diego.

Seau's 25-year-old live-in girlfriend told authorities that Seau assaulted her during an argument Sunday night at his Oceanside home, according to Oceanside police. She appeared to have minor injuries and did not require medical treatment.

THE ASSOCIATED PRESS



Sports in brief



La Russa will stick around

MLB. Tony La Russa ended the usual post-season suspense, agreeing to a 16th season as St. Louis Cardinals manager.

The team announced a

for the 2012 season. THE ASSOCIATED PRESS **NHL** suspends

included a mutual option

deal yesterday that

Doan for check

NHL. The National Hockey League has suspended Phoenix Coyotes winger Shane Doan three games for an illegal check to the head of Anaheim Ducks forward Dan Sexton. Doan threw a shoulder into an unsuspecting Sexton on Sunday, moments after he had just passed the puck up the ice. THE CANADIAN PRESS

EASTERN CONFERENCE

	GP	VV	L	OIL	SL	GF	GA	Pts	Home	Away	Last 10	St
d-Toronto	5	4	0	1	0	17	11	9	2-0-1-0	2-0-0-0	4-0-1-0	L
d-Washington	5	4	1	0	0	17	11	8	3-0-0-0	1-1-0-0	4-1-0-0	W
d-NY Islanders	6	3	1	1	1	20	17	8	2-0-0-1	1-1-1-0	3-1-1-1	W
Tampa Bay	5	4	1	0	0	17	18	8	2-0-0-0	2-1-0-0	4-1-0-0	W
Pittsburgh	7	4	3	0	0	23	16	8	2-3-0-0	2-0-0-0	4-3-0-0	W
Montreal	5	3	1	1	0	14	13	7	1-0-1-0	2-1-0-0	3-1-1-0	W
Atlanta	5	3	2	0	0	17	16	6	1-0-0-0	2-2-0-0	3-2-0-0	W
Philadelphia	5	2	2	1	0	11	14	5	1-2-0-0	1-0-1-0	2-2-1-0	L
Boston	3	2	1	0	0	9	6	4	0-1-0-0	2-0-0-0	2-1-0-0	W
Florida	4	2	2	0	0	12	5	4	1-0-0-0	1-2-0-0	2-2-0-0	W
Carolina	4	2	2	0	0	9	12	4	1-0-0-0	1-2-0-0	2-2-0-0	L
NY Rangers	4	1	2	1	0	14	16	3	0-1-1-0	1-1-0-0	1-2-1-0	Į
Buffalo	6	1	4	1	0	12	18	3	0-3-1-0	1-1-0-0	1-4-1-0	L
Ottawa	6	1	4	1	0	12	21	3	1-1-0-0	0-3-1-0	1-4-1-0	L
New Jersey	6	1	4	1	0	10	21	3	0-3-1-0	1-1-0-0	1-4-1-0	Į
MIECTEDAL CO	MIEER		-									

WESTERN CONFERENCE

	GP	VV	L	UIL	SL	GF	GA	Pts	Home	Away	rast 10	Sti
d-Dallas	5	4	1	0	0	20	15	8	2-0-0-0	2-1-0-0	4-1-0-0	L
d-Colorado	6	4	2	0	0	19	19	8	1-0-0-0	3-2-0-0	4-2-0-0	W
d-Nashville	4	3	0	1	0	13	9	7	2-0-1-0	1-0-0-0	3-0-1-0	L
Detroit	5	3	1	0	1	14	12	7	1-0-0-1	2-1-0-0	3-1-0-1	W
Chicago	6	3	2	1	0	20	18	7	1-2-0-0	2-0-1-0	3-2-1-0	W
Los Angeles	4	3	1	0	0	10	6	6	2-0-0-0	1-1-0-0	3-1-0-0	W
St. Louis	4	2	1	0	1	12	9	5	2-0-0-0	0-1-0-1	2-1-0-1	L
Vancouver	5	2	2	0	1	12	12	5	2-0-0-1	0-2-0-0	2-2-0-1	W
Anaheim	6	2	3	0	1	13	23	5	2-0-0-1	0-3-0-0	2-3-0-1	W
Edmonton	4	2	2	0	0	12	11	4	2-0-0-0	0-2-0-0	2-2-0-0	L
Columbus	4	2	2	0	0	10	12	4	1-1-0-0	1-1-0-0	2-2-0-0	W
Calgary	4	2	2	0	0	8	11	4	2-1-0-0	0-1-0-0	2-2-0-0	W
San Jose	3	1	1	1	0	7	9	3	1-1-0-0	0-0-1-0	1-1-1-0	L
Phoenix	4	1	2	1	0	8	10	3	0-1-1-0	1-1-0-0	1-2-1-0	L
Minnesota	4	1	2	0	1	10	11	3	1-2-0-0	0-0-0-1	1-2-0-1	L

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results N.Y. Islanders 2 Toronto 1 (OT) Colorado 3 N.Y. Rangers 1 Pittsburgh 5 Ottawa 2 Tampa Bay 5 Dallas 4 St. Louis at Chicago Sunday's results

Anaheim 3 Phoenix 2 Tonight's games (All times Eastern) Boston at Washington, 7 p.m. Calgary at Nashville, 8 p.m. Vancouver at Minnesota, 9 p.m. Carolina at San Jose, 10:30 p.m.

PENGUINS 5, SENATORS 2

Vancouver 5 Carolina 1

First Period
1. Pittsburgh, Letestu 4 (Comrie, Martin) 8:39

2. Pittsburgh, Crosby 4 (Goligoski, Malkin) 13:53 (pp)

3. Pittsburgh, Malkin 2 (Comrie, Letestu)

17/32
Penalties — Regin Ott (interference) 2:40,
Hutchinson Pgh (cross-checking) 4:55, Ottawa
bench (too many men; served by Neil) 7:00,
Neil Ott (hooking) 13:00, Neil Ott, Engelland
Pgh (fighting) 17:11.
Second Period
4. Ottawa, Alfredsson 1 (Gonchar, Kovalev)

5. Pittsburgh, Dupuis 1 (Lovejoy, Crosby) 10:07 6. Pittsburgh, Letang 1 (Rupp, Adams) 10:32

Penalties — Lovejoy Pgh (cross-checking) 4:07, Hutchinson Pgh (double high-sticking)

Third Period .
7. Ottawa, Campoli 1 (Spezza, Ruutu) 4:19
Penalties — Gonchar Ott (hooking) 0:31, Neil Ott (double roughing, misconduct), Carkner Ott (holding, fighting), Rupp Pgh (fighting), Lovejoy Pgh (roughing, cross-checking) 8:05. Shots on goal by

Ottawa 12 11 11
Pittsburgh 17 7 5

Goal (shots-saves) — Ottawa: Elliott (L,1-2-0)(22-17), Lehner (10:32 second)(7-7); Pitts-burgh: B.Johnson (W.4-0-0). **Power plays** (goals-chances) — Ottawa: 1-4; Pittsburgh: 2-4. Att. — 18,101 (18,087) at Pittsburgh, Pa.

ISLANDERS 2, LEAFS 1 (OT)

First Period No Scoring. Penalties — Second Period

1. N.Y. Islanders, Moulson 3 (Tavares, Nielsen)

Penalties — Beauchemin Tor (tripping) 0:12, Konopka NYI, Brown Tor (fighting) 12:51, Tavares NYI (goaltender interference) 16:19, Versteeg Tor (slashing) 19:44.

Third Period 2. Toronto, Kessel 5 (Phaneuf, Kaberle) 17:55

Penalties — MacDonald NYI (holding) 8:08. Wisniewski NYI (cross-checking) 17:20. Overtime

3. N.Y. Islanders, Tavares 2 (Wisniewski, Par-

enteau) 3:26 (pp)

Penalty — Lebda Tor (goaltender interference)

N.Y. Islanders 8 5 6 1—20
Toronto 8 10 12 0—30
Goal — N.Y. Islanders: Roloson (W,2-1-0),
Toronto: Giguere (L,3-0-1). Power plays
(goals-chances) — N.Y. Islanders: 1-3, Toronto:

Att. — 19,086 (18,819) at Toronto. SCORING LEADERS

	G	Α	PT
Hossa, Chi	5	4	9
B.Richards, Dal	2	7	9
Ovechkin, Wash	4	4	8
Getzlaf, Ana	2	6	8
Sharp, Chi	5	2	7
D.Sedin, Vcr	4	3	7
Bailey, NYI	3	4	7
Kopecky, Chi	1	6	7
H.Sedin, Vcr	0	7	7
MacArthur, Tor	5	1	6
Roy, Buf	5	1	6
Kessel, Tor	4	2	6
Stamkos, TB	4	2	6
Comeau, NYI	3	3	6
Crosby, Pgh	3	3	6
Goligoski, Pgh	3	3	6
Perry, Ana	3	3	6
Cullen, Minn	2	4	6
Neal, Dal	2	4	6
Not including last night	's games		

MLB

2010 POST-SEASON

LEAGUE CHAMPIONSHIP SERIES (BEST-OF-7) (All times Eastern) AMERICAN LEAGUE

Texas (W) vs. N.Y. Yankees (WC) (Series tied 1-1)

Carries ded 1-1)
Last night's result
Texas at N.Y. Yankees
Tonight's game
Texas (Hunter 13-4) at N.Y. Yankees (Burnett 10-15), 8:07 p.m.

Texas at N.Y. Yankees, 4:07 p.m. Friday's game x-N.Y. Yankees at Texas, 8:07 p.m.

NATIONAL LEAGUE Philadelphia (E) vs. San Francisco (W) (Series tied 1-1)

Coerres used 2-1, Today's game
Philadelphia (Hamels 12-11) at San Francisco
(Cain 13-11), 4:19 p.m.

Sunday's result Philadelphia 6 San Francisco 1

Tomorrow's game Philadelphia at San Francisco, 7:57 p.m.

κ-Philadelphia at San Francisco, 7:57 p.m. Saturday's game x-San Francisco at Philadelphia, 3:57 or 7:57

p.m. **Sunday's game** x-San Francisco at Philadelphia, 7:57 p.m.

LATE SUNDAY

PHILLIES 6, GIANTS 1

San Francisco	ab	r	h	bi	Philadelphia	ab	r	h	bi
ATorrs cf	4	0	0	0	Victorn cf	4	1	2	0
FSnchz 2b	4	0	2	0	Utley 2b	3	2	0	0
A.Huff 1b	4	0	0	0	Polanc 3b	3	1	1	2
Posey c	3	0	0	0	Howard 1b	3	0	2	0
Burrell If	4	0	0	0	Werth rf	3	1	0	0
C.Ross rf	3	1	1	1	Rollins ss	3	0	2	4
Fontent 3b	2	0	0	0	Ibanez If	4	0	0	0
SCasill p	0	0	0	0	C.Ruiz c	4	0	0	0
Romo p	0	0	0	0	Oswalt p	3	1	1	0
Ishikaw ph	1	0	1	0	Gload ph	1	0	0	0
Renteri ss	4	0	0	0	Madson p	0	0	0	0
JSnchz p	2	0	0	0					
RRmrz p	0	0	0	0					
Affeldt p	0	0	0	0					
Sandovl 3b	0	0	0	0					
Totals	31	1	4	1	Totals	31	6	8	6
San Francisco				000 010	000		1		
Philadelphia 100 010 40x									
E—Fonteno	t (1	L).	LC	B-	—San Francis	co 7,			

Philadelphia 8, 2B—Victorino (1), Howard (2), Rollins (1). HR—C.Ross (3). SB—Utley 2 (2),
Polanco (1). S—Victorino. SF—Polanco.

IP H R ER BB SO

San Francisco						
J.Sanchez L,0-1	6	5	3	2	3	7
R.Ramirez	1-3	1	2	2	1	0
Affeldt	1-3	0	1	1	1	1
S.Casilla	1-3	1	0	0	0	0
Romo	1	1	0	0	0	1
Philadelphia						
Oswalt W,1-0	8	3	1	1	3	9
Madson	1	1	0	0	1	1
T-3:01. A-46,099	9 (43,6	51)	at Pl	nilade	lphia	3.

TENNIS

ATP IF STOCKHOLM OPEN

At Stockholm, Sweden First Round

Stanislas Wawrinka (5), Switzerland, def. Stanislas Wawrinka (5), Switzerland, def. Andreas Seppi, Halb, 6-2, 6-2. Michael Ryderstedt, Sweden, def. Daniel Gi-meno-Traver, Spain, 7-6 (3), 6-3. Jarkko Nieminen, Finland, def. Michael Berrer, Germany, 4-6, 6-1, 6-4. Doubles — First Round Eric Butorac, U. S., and Jaen-Julien Rojer, Mathorachaft Antiller, def. Siron, Aesolin.

Netherlands Antilles, def. Simon Aspelin, Sweden, and Paul Hanley (4), Australia, 7-6 (4), 6-3.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE SEATTLE MARINERS-Named Eric Wedge

NATIONAL LEAGUE

SAN DIEGO PADRES—Named Dave Roberts first-base coach and agreed to terms with him on a one-year contract. Agreed to terms with bench coach Rick Renteria, bullpen coach Dar-rell Akerfelds, pitching coach Darren Balsley, third-base coach Glenn Hoffman and hitting coach Dandy Badyon poneuser, contract by: coach Randy Ready on one-year contract ex-

ST. LOUIS CARDINALS—Agreed to terms with inager Tony La Russa on a one-year con

BASKETBALL

HOUSTON ROCKETS-Waived G Antonio Anerson, F Mike Harris, F Alexander Johnson nd G Jerel McNeal.

FOOTBALL

DENVER BRONCOS—Placed WR Matthew Willis on injured reserve. GREEN BAY PACKERS—Placed TE Jermichael

Finley on injured reserve. NEW YORK GIANTS—Released K Shayne Graham. Claimed OT Jamon Meredith off waivers from Detroit.

HOCKEY

LEAGUE OFFICE—Suspended Phoenix F Shane Doan for three games for delivering an illegal check to the head of Anaheim F Dan Sexton in

an Oct. 17 game.

NASHVILLE PREDATORS—Recalled F Nick Spaling from Milwaukee (AHL).
NEW JERSEY DEVILS—Assigned D Alexander
Urbom to Albany (AHL). Recalled D Olivier Magnan-Grenier from Albany.

HAMILTON BULLDOGS—Assigned D Sebastien Bisaillon and D David Urquhart to Wheeling (ECHL).
HARTFORD WOLF PACK—Signed G Dov
Grumet-Morris.
NORFOLK ADMIRALS—Assigned G Jaroslav

Janus and F Alex Hutchings to Florida (ECHL). PROVIDENCE BRUINS—Announced G Matt Dalton was reassigned to Reading (ECHL) and G Adam Courchaine was reassigned from Reading to Alaska (ECHL).

NBA

PRE-SEASON

Last night's results Orlando 102 Atlanta 73 Charlotte 102 Miami 96 New Orleans at Memphis Oklahoma City at San Antonio Portland at Golden State

Tonight's games (All times Eastern) hiladelphia vs. Cleveland (at Cincinnati), 7

Washington vs. Detroit (at Toledo, Ohio), 7

Indiana at Minnesota, 8 p.m. Oklahoma City at Denver, 9 p.m. Utah vs. L.A. Lakers (at Anaheim, Calif.), 10

Golden State at Phoenix, 10 p.m Sacramento at L.A. Clippers, 10:30 p.m.

SOCCER

EASTERN CONFERENCE

	GP	W	L	Т	GF	GΑ	P
x-New York	29	14	9	6	36	29	4
x-Columbus	29	13	8	8	37	33	4
Kansas City	29	10	13	6	32	34	3
Chicago	29	8	12	9	33	37	3
New England	29	9	15	5	32	48	3
Toronto FC	29	8	13	8	30	39	3
Philadelphia	29	8	14	7	34	46	3
D.C. United	29	6	19	4	19	44	2

WESTERN CONFERENCE

	GP	W	L	Т	GF	GA	Pt
x-Los Angeles	29	17	7	5	42	25	56
x-Real Salt Lake	29	15	4	10	43	18	55
x-FC Dallas	29	12	3	14	41	26	50
x-Seattle	29	14	9	6	38	33	48
x-Colorado	29	12	8	9	42	30	45
x-San Jose	28	12	9	7	30	29	43
Houston	29	8	15	6	38	48	30
Chivas USA	28	8	16	4	30	38	28
Metal Three point	- for		in		for -	+:-	

Note: Three points for a win, one for a tie.
x — clinched playoff berth.
Tomorrow's game
(All times Eastern)
Chivas USA at San Jose, 10 p.m.
Thursday's game Thursday's game New England at New York, 7:30 p.m.

Saturday's game Seattle at Houston, 4 p.m. Toronto FC at D.C. United, 7:30 p.m. Ioronto FC at D.C. United, 7:30 p.m. San Jose at Kanasa Cify, 8:30 p.m. Real Salt Lake at Colorado, 9 p.m. Chicago at Chivas USA, 11 p.m. Sunday's game
Philadelphia at Columbus, 4 p.m. FC Dallas at Los Angeles, 8 p.m.

ENGLAND

PREMIER LEAGUE

Yesterday's result Blackburn 0 Sunderland 0

CFL

WEEK 17 EAST DIVISION

	GP	w	L	Т	PF PA	F
y-Montreal	15	11	4	0	477 375	2
x-Hamilton	15	8	7	0	396 369	1
Toronto	15	7	8	0	286 393	1
Winninea	15	4	11	0	411 407	

	GP	W	L	Т	PF PA	P
x-Calgary	15	11	4	0	505 367	2
x-Saskatchewan	15	9	6	0	425 403	1
B.C.	15	5	10	0	384 397	1
Edmonton	15	5	10	0	304 477	1

x — clinched playoff berth clinched division.

WEST DIVISION

y — clinched division.
Friday's games
(All times Eastern)
Montreal at Hamilton, 7 p.m.
B.C. at Calgary, 10 p.m.
Saturday's games
Toronto at Winnipeg, 4 p.m.
Saskatchewan at Edmonton, 7 p.m.

SCORING LEADERS - scored two-point convert TD C FG S Pts

Maver, Cal	0	56	30	3	14
McCallum, BC	0	26	35	1	13
Duval, Mtl	0	37	30	4	13
DeAngelis, Ham	0	35	29	3	12
Congi, Sask	0	41	26	2	12
Prefontaine, Edm-To	r 0	25	22	2	9
Cates, Sask	15	0	0	0	9
Shaw, Tor	0	18	19	6	8
T.Edwards, Wpg	12	0	0	0	7
Palardy, Ham-Wpg	0	18	15	7	7
Bryant, Cal	11	0	0	0	6
x-Green, MtI	10	2	0	0	6
x-Cobb, Ham	9	1	0	0	5
Robertson, BC	9	0	0	0	5
Bruce, Ham	8	0	0	0	4
Serna, Wpg	0	20	8	4	4
x-Richardson, Mtl	7	2	0	0	4
Lewis, Cal	7	0	0	0	4

AMERICAN CONFERENCE

	W	L	Т	Pct	PF	PA
N.Y. Jets	5	1	0	.833	159	101
New England	4	1	0	.800	154	116
Miami	3	2	0	.600	89	112
Buffalo	0	5	0	.000	87	161
SOUTH						
	W	L	Т	Pct	PF	PA
Houston	4	2	0	.667	153	167
Indianapolis	4	2	0	.667	163	125
Jacksonville	3	2	0	.600	107	137
Tennessee	3	2	0	.600	132	95
NORTH						
	W	L	Т	Pct	PF	PA
Pittsburgh	4	1	0	.800	114	60
Baltimore	4	2	0	.667	112	95
Cincinnati	2	3	0	.400	100	102
Cleveland	1	5	0	.167	88	125
WEST						
	W	L	Т	Pct	PF	PA
Kansas City	3	2	0	.600	108	92
Oakland	2	4	0	.333	120	151
Denver	2	4	0	.333	124	140
San Diego	2	4	0	.333	157	126
NATIONAL	CO	NFI	ERE	NCE		

Oakland	- 2	4	U	.333	120	15
Denver	2	4	0	.333	124	14
San Diego	2	4	0	.333	157	12
NATIONAL	.CO	NFI	ERE	NCE		
EAST						
	W	L	T	Pct	PF	P
N.Y. Giants	4	2	0	.667	134	11
Philadelphia	4	2	0	.667	153	12
Washington	3	3	0	.500	113	11
Dallas	1	4	0	.200	102	11
SOUTH						
	W	L	Т	Pct	PF	P
Atlanta	4	2	0	.667	130	10
New Orleans	4	2	0	.667	130	10
Tampa Bay	3	2	0	.600	80	11
Carolina	0	5	0	.000	52	11
NORTH						
	W	L	T	Pct	PF	P
Chicago	4	2	0	.667	112	9
Green Bay	3	3	0	.500	139	11
Minnesota	2	3	0	.400	87	8
Detroit	1	5	0	.167	146	14
WEST						
	W	L	T	Pct	PF	P
Arizona	3	2	0	.600	88	13
Seattle	3	2	0	.600	98	9
St. Louis	3	3	0	.500	103	11
San Francisco	1	5	0	.167	93	13

WEEK SIX

WEEK SIX
Byes: Arizona, Buffalo, Carolina, Cincinnati
Last night's result
Tennessee at Jacksonville
Sunday's results
Houston 35 Kansas City 31
Indianapolis 27 Washington 24
Miami 23 Green Bay 20 (OT)
Minnesota 24 Dellas 27 Washington 24
Miami 23 Green Bay 20 (OT)
Minnesota 24 Dellas 27
Mew England 25 Baltimore 20 (OT)
New Orleans 31 Tampa Bay 6
N.Y. Jets 24 Denver 20e
Philadelphia 31 Atlanta 17
Pittsburgh 28 Cleveland 10
San Francisco 17 Dakland 9
Seattle 23 Chicago 20
St. Louis 20 San Diego 17
WFFK KCPVFN

WEEK SEVEN

WEEK SEVEN
Byes: Detroit, Houston, Indianapolis, N.Y. Jets
Sunday's games
(All times Eastern)
Buffalo at Baltimore, 1 p.m.
Washington at Chicago, 1 p.m.
Cinclinnati at Atlanta, 1 p.m.
Philadelphia at Tennessee, 1 p.m.
Pittsburgh at Milami, 1 p.m.
St. Louis at Tampa Bay, 1 p.m.
Cleveland at New Orleans, 1 p.m.
Jacksonville at Kansas City, 1 p.m.
San Francisco at Carolina, 1 p.m. San Francisco at Carolina, 1 p.m. Arizona at Seattle, 4:05 p.m. Oakland at Denver, 4:15 p.m. New England at San Diego, 4:15 p.m. Minnesota at Green Bay, 8:20 p.m. Monday, Oct. 25

N.Y. Giants at Dallas, 8:30 p.m.

NOT JUST A CLUB, IT'S THE CLUB.



Crossword

1 Make art with acid 5 Tackle the slopes 8 Volcano output

12

15

18

23 24 25

30

33

47

50

53

40 41 42

8 Potential

11-Down

10 Henry -who wed

11 See 10-Down

22 "Monkey suit"

23 Support at the

24 Retriever type, for

17 Approach

19 Moreover

- 12 Horse's halter?
- 13 Melody
- 14 Not "fer" 15 Forever and ever
- 16 Green banana-like fruit
- 18 Keep up
- 20 Spooky
- 21 Conclusion
- 22 Sunbathe
- 23 Mix together 26 It's near the
- proscenium 30 Aries
- 31 Transmit quickly
- 32 minute
- 33 Teetotal, e.g. 36 Smooth
- 38 "La Cage
- Folles" 39 Sermon subject
- 40 With full force
- 43 Be relevant (to)
- 47 Peak
- 49 Gawk at 50 Shed
- 51 "Of course"
- 52 Opposite of blanc
- 53 Probability
- 54 Before 55 "Zounds!"

- 1 Rams fans?
- 3 Swindles
- 5 Flavourful
- 7 401(k) alternative

- 4 Waste no time
- 6 Potter's oven

- 2 Quaker's address
 - short 25 Type squares

top?

- 26 Metal container 27 Have a bug
- 28 Tattooist's supply

- 29 48-Down undoe 9 Culture medium 31 Repair
 - 34 Poisons
 - 35 Family member

13

16

31

48

51

54

26

43

19

34 35

38

20

36 37

39

28

32

44 45

49

52

55

➤ Yesterday's answer

- 36 Round Table address
- 37 Chant
- 39 Just know
- 40 Bullets and such
- 41 Disposition 42 "- Lang Syne"
- 43 Harbor structure 44 Wide-eyed
- 45 Pelvic bones
- 46 Target of taunts 48 See 29-Down

Sudoku

	7	4				6		
			7	1				3
8					4			2
		3	9		1		8	
	8			3			1	
	6		2		5	9		
9			1					5
6				9	3			
		2				4	7	

How to play

Today

/// 40%

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

10°/6°

3	2	9	4	7	8	1	6	5
7	4	6	1	5	2	8	9	3
5	1	8	9	3	6	4	7	2
1	6	2	3	8	9	5	4	7
4	8	3	7	6	5	9	2	1
9	5	7	2	1	4	3	8	6
2	3	1	8	4	7	6	5	9
8	9	5	6	2	1	7	3	4
6	7	4	5	9	3	2	1	8

Wednesday

1//// 40%

10°/4°

Showers

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

"Pinky pinky pinky, you are khukhu. Only good. No bad. Do what YOU want and don't be a cc." Stupidely yours, ones.

To my shmee shmee, the love of my life. From the day I saw your picture and said to my self "she is the one", I have never regretted a day or second that has gone by. You are my love, you are my life, you are everything to me and more. I love you and hope you see this when your doing the crossword. LIL GUY

DON. Good morning my love! I hope you have a wonderful day. Loving you.

Dear Care Bear, You're the 'conductive system' of my heart, I just hate needing an 'ECG' to read you. Forgive me for the bet,

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Today's horoscope

T Aries March 21-April 20

Other people may seem somewhat evasive today but don't let it worry you because even if they are hiding something from you it won't affect what vou are doing.

¥ Taurus April 21-May 21 You need to be 100 per cent honest with yourself today, especially if you have been letting things drift a bit on the work front. There is still time to catch up.

II Gemini May 22-June 21 Certain people may be hard to communicate with but don't jump to conclusions and think it's because they don't like you. More likely they have so many other things on their mind that they just don't have time to be sociable.

Gancer June 22-July 22 Only make changes that are absolutely necessary. Things are moving so fast at the moment that any changes you make are likely to be out of date in a

matter of days

Ω Leo July 23-Aug.23 A dream you've been having for many years is close to becoming a reality. All it needs is for you to keep it in your mind at all times and before you know it you will be living it.

W Virgo Aug. 24- Sept. 22 You may think you are smart but you could be outdone today by someone who is even more shrewd and calculating than you. Don't just assume you will win — that plays into the hands of your rivals.

expanded horoscopes, go to metronews.ca ← Libra Sept. 23-0ct. 23 The

only danger today is that you will be a bit too easygoing for your own good. You may be one of the zodiac's nice guys but that does not mean you should leave yourself open to conmen and crooks.

For today's crossword answers and for

M Scorpio Oct. 24-Nov. 22

Today may inspire you to follow your instincts but other aspects warn that even your instincts should be treated with caution.

→ Sagittarius

Nov. 23-Dec. 21 What happens today and tomorrow will invite you to question some of the things you have always taken for granted. Maybe the world isn't such a straightforward place after all.

り Capricorn Dec. 22-Jan. 20

If you want to get the best out of life you will have to give your best - and strive to get the best out of the people you work with. The message of the stars today is that you must work hard and play hard.

Aquarius Jan. 21-Feb. 18 It's good to be generous but you should also be aware that the more you give the more some people take. Charity is for those who genuinely cannot help themselves.

H Pisces Feb. 19-March 20 Why are you still trying to conform to what other people expect? Set your goals according to what you are trying to achieve. then make the world fit in with your plans. SALLY BROMPTON

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